

Meet the Recreation Therapy Staff



Christina Webster is the Supervisor of Recreation Therapy at Rancho and has been a Recreation Therapist for over 16 years. She holds a Bachelor of Science with an option in Therapeutic Recreation; she is a Certified Brain Injury Specialist, a Nonviolent Crisis Intervention Instructor and a member of the Behavioral Response Team. In addition, she is an Advisory Board member and instructor of Holistic Medicine classes at the Rancho Wellness Center. She enjoys spending quality time with her family and pets as well as fulfilling and living her life goals to the fullest.

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Rebecca (Becky) Bershtel has been a Recreation Therapist at Rancho since 2007 and is currently working on the Unified Stroke Unit and leading the Adaptive Outdoor Adventure program. She holds a Bachelor of Science in Recreation Administration with an emphasis in Therapeutic Recreation. Becky loves her job and enjoys working to create meaningful and therapeutic recreation and leisure experiences for her inpatients, Wellness Center participants and Adaptive Outdoor Adventure participants. In her free time, Becky enjoys outdoor activities, running, snowboarding, reading, art, traveling and spending time with family/friends and her two cats.

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Hank Fink has been a Recreation Therapist for over 40 years at Rancho and currently works on the Pressure Ulcer Management Service. He holds a Bachelor of Science with a certificate in Therapeutic Recreation. Hank enjoys planning holiday events and interactive activities with his patients. He is motivated to assist people with enriching their lives through leisure involvement. In addition, he enjoys the outdoors, spending time with his son/friends and being active.

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Jenny Francisco has been a Recreation Therapist at Rancho for over 7 years and is currently working on the Adult Brain Injury Service. She holds a Bachelor of Arts degree in Recreation with a certificate in Therapeutic Recreation. Jenny is a member of the Behavior Response Team, a Certified CPR instructor as well as a Certified Brain Injury Specialist. Jenny loves working with her patients on the ABI service and introducing them to new leisure opportunities. On her free time, she enjoys mountain biking, rock climbing, discovering new restaurants, traveling, and spending time with her family.

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Julie (Jules) Helgren has been a Recreation Therapist for over 31 years at Rancho and is currently working on the Pediatric/Adolescent Service. She holds a Bachelor of Science from Cal State Northridge with an option in Therapeutic Recreation. She is a Certified Brain Injury Specialist, CPR Instructor, and is a member of Behavior Response Team. In her free time, she enjoys cooking, traveling with family/friends, reading and exposing herself to new environments, people and experiences.

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Josephine Ho has been a Recreation Therapist for over 2 years at Rancho and is currently working on Units 902/903/904/905. She holds a Bachelor of Arts in Recreation and Leisure Studies with a certificate in Therapeutic Recreation. She enjoys planning interactive groups for her patients to keep them engaged. She especially loves taking the patients to the garden and doing art groups. In her free time, she enjoys trying new restaurants, shopping, visiting Disneyland, and spending time with her dog and family.

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Tim Taylor has been a Recreation Therapist for over 14 years at Rancho and is currently working on the Unified Stroke Unit. He holds a Bachelor of Science in Recreation with a certificate in Therapeutic Recreation. He is always willing to help others and is involved in many events at Rancho. Tim is a fun loving and playful person who loves to make people laugh and to have a good time. In his free time, he enjoys camping, dining out and spending time with family.

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Tiffany Yoshida has been a Recreation Therapist at Rancho over 3 years and is working on the Spinal Injury Service. She holds a Bachelor of Arts in Recreation and Leisure Studies with a certificate in Therapeutic Recreation. She enjoys the Spinal Cord Injury setting and being a part of the Adaptive Outdoor Adventure Program. She also loves bonding with her patients and playing wheelchair sports. When not at Rancho, she can be found playing basketball, outdoor activities, traveling, and eating at different restaurants **Contact Information:** (562) 401-6322 / tcyoshida@dhs.lacounty.gov